



DEPARTMENT OF THE INTERIOR  
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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SPINY LOBSTER TAILS--A SUMMER DELICACY

Looking for a delicacy which is especially tempting to serve your family these hot August days? Then the Fish and Wildlife Service suggests you try frozen spiny lobster tails, available at your nearest grocery, super market, fish store or locker plant.

The tails are from huge spiny lobsters fished from waters off our Southern Coasts--also from South African, Australian and Cuban waters--frozen and shipped to all parts of the country. This shellfish, known also as Rock Lobster, may be boiled, broiled and baked, used in salads, creamed dishes, and soups. When cooked the shells become red and the meat is snowy white.

According to the home economists of the Fish and Wildlife Service broiled is the easiest, quickest and most delicious way to prepare these spiny lobster tails.

Broiled Spiny Lobster Tails

6 spiny lobster tails (4 to 6 ounces)  
 $\frac{1}{4}$  cup butter or margarine, melted  
 $\frac{1}{2}$  teaspoon salt  
Dash pepper

Thaw, wash and cut tails in half lengthwise. Combine butter and seasonings. Brush flesh with seasoned butter. Arrange flesh side up on rack of broiler pan. Place pan about four inches from source of heat. Broil eight to ten minutes or until lightly brown. Serve in shell with melted butter. Serves six.

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